



Derelict

Alone on a sea of contending emotions,

Draw hither, drawn yon by my thoughts and my fears,
The victim of earnestness deep as the ocean—

The victim of duty that's brought naught but tears.

Adrift without helm of purpose to guide me,

Knowing well I've fought bravely, and fighting have failed;

Yet firm to fight on, whatever betide me,

Knowing no man can say I ever have quailed.

Quiet I carry myself, and serenely,

A smile on my lips for those who are gay,

Yet feeling the pain, my God knows how keenly,

Of wounds that were made with the purpose to slay.

I say of the world as Christ on the cross said,

They know not the work their cruel hands do.

I've tried to do right, my blood's on my own head—

I know not the way to prove I was true.

—H. B. W. in Woman's National Daily.

The Children's Lunch Box

Did you ever think of it—that children are merely undeveloped men and women? A school child's life can be made utterly miserable by the ridicule, or sneers, or sly criticisms, more or less open, which seem to be the delight of some children's hearts if they find out that thereby they may cause another to feel uncomfortable. Many times it is done thoughtlessly, with no intention to wound; in other cases it is tactlessness, with still no idea of hurting; but that it does hurt, and most cruelly in some instances, every school child will attest. Only too often the intention is just to hurt, and to hurt as deeply as possible, for deny it as we may, the spirit of cruelty is one of the strong points of youth.

Many a child will go without the noonday lunch rather than to carry a bunglesome paper parcel, a battered tin pail, an old basket, or an untidy paper box. Even though the receptacle may be all right, if the contents are "mussy," or "smeary," or otherwise unsightly, poorly cooked and jumped together, the sense of shame at its appearance will utterly spoil a sensitive child's appetite. Children are often called "little animals," but—there is something back of the animal; something which feels keenly either praise or blame.

Almost any mother can put up the necessary food in a dainty appetizing shape, if she takes thought. And a clean, freshly ironed napkin to accompany it need not be of expensive linen. If nothing else offers, a square of flour sack, a bit of cheese-cloth, or even a piece of some old garment, bleached white and neatly hemmed, will answer every purpose. The whole parts of old sheets, pillow-slips, or towels, if hemmed and clean, will serve admirably. But do have them clean and nicely folded. It is the little things of every day that count in the bringing up of the child and the inculcating of habits

of self-respect and neatness. Dear mothers, think of these things now, and save the child's pride.

"Our Own"

In the ideal home, the flower of courtesy has its most perfect bloom; yet how seldom is this seen! In too many instances, the treatment accorded to those supposed to be nearest and dearest to us, bound to us by the ties of blood, is most brutal, and through the years when the children are growing up, the home is filled with janglings and discord, increasing with the years, until the members of the family rush out into the world indifferent to each other, if not in open enmity.

The "accident of birth" does not make us all akin. Often we see members of one family who, seemingly can not get along together, though having the happiest affiliations with outsiders, their friendships lasting through life. Yet the home was filled with bickerings, quarrelings and strife—in which, only too often, the parents were the leaders! The reason for this is not always clear to the superficial observer, but a close student of human nature will tell you "There is a reason," and this spirit of strife is more often a failing than a fault—the outcome of a difference of temperament and hereditary bias for which the contestants are not responsible.

The family, beginning with the parents, are not temperamentally congenial, and without a due regard for the rights and idiosyncrasies of each other, there can be no real community of sympathies. The various natures are so antagonistic that only through the exercise of strict justice and large tolerance can peace be maintained. Each must allow to the other the right of opinion claimed by him or herself, and a respect for the right of others must be cultivated. Many families can not, even by these means, be united in a mutual good fellowship and sympathy, but they can be kept free from discord, and a spirit of tolerance fostered that will be of great benefit to each when the world divides them.

The School Lunch

In putting up lunches for school children, remember that more than the appetite is to be considered. A child's advancement in all lines is dependent on its health, and unless well nourished, it can not study, much less learn. Plain, well cooked, neatly arranged foods should take the place of the usual cakes, pies, jellies and pickles with which the unwise mother caters to her child's appetite, to the ruin of its digestion. An ill-nourished child is not always a pleasant one, and many a scolding, censure, or punishment is dealt out to the child which by all rights belongs to the parent. A healthy child will eat good foods with a relish, and good, well-baked brown bread, or white bread, made into neat sandwiches, plain sweet biscuit (called cookies by courtesy), and a little fruit is a good diet. Sandwiches should not be spread with anything that "smears," and often a little salad dressing, or prepared mustard spread over the coating of butter, will be heartily relished. Meats should be well done, and yet not "cooked to death," and instead of being put between the slices of bread in stringy masses or slabs, it should be chopped or ground up so

the child can eat it with comfort, and without having to tear it apart with teeth or fingers, or swallow it in "chunks," in order to dispose of it. If one has tender lettuce, radishes, celery, or other salad vegetables, a little of each or either, or a small pot of prepared salad is a welcome addition to the school lunch. I wish I could impress it upon the minds of the mothers how very important this matter of school lunches is.

Do not make the mistake of placing the housekeeping before the home-making. All our much-quoted advisors and counsellors tell us that, first of all things, we should be wives and mothers, and the trend of everything is toward eliminating the drudgery of housekeeping from the home. We are repeatedly warned that we "owe" things to our husbands and children; but I can not help the feeling that we owe a little to ourselves, and the older I get, the more I am convinced that, as wives and mothers, we are not getting quite all the things that should be coming to us.

"Things to be Thought Of"

The evenings are noticeably lengthening, and lamps are being brought out in the homes where gas and electricity are not used for illuminating. Many of these lamps have been set away in the closets and out of the way places since the late spring, and will need a general "going over." Before filling, they should be thoroughly washed and polished and only the best of coal oil used in them. See that you have new, clean wicks, and some persons advocate washing the wick in a warm, weak soapsuds, drying, then soaking in strong vinegar, then drying again in order to prevent smoking. Whether this is really necessary, I can not say, as few lamps, if the burner is kept clean, the wick changed as needed, and only the best of oil used, will ever smoke. A dirty lamp will smoke, no matter what one uses. It is advocated, too, to drop a little salt—a half-teaspoonful to a quart of oil—in the bowl of the lamp, in order to insure a clear light. If your burner is old, or ill-shapen, it will be as well to buy a new one, but if the shape of the old one is good, it should be boiled in a solution of soda—saler soda, or cooking soda will either one do, and will remove the blackness, crust and gumminess. But if the burner is bent out of shape, or mashed, or broken, you can not have a good light, no matter how clean you keep it. Do not get a cheap, bargain-counter burner. A serviceable one will cost ten to twenty cents, but it is worth it. For the sake of your eyes, be particular about the quality of your light. Always use a shade, and these can be had in stiff paper for five cents, and are better than none, lasting quite a while, with good treatment. A metal one can be had for ten cents, and this will last several seasons, if taken care of. The fancy shades can either be bought ready made, or the frames and paper or silk can be had, and you can make them yourself. These will cost whatever you choose to give, from a few cents up into the dollars. But, whatever you do, have a shade of some kind, to protect your eyes.

For the Home Seamstress

It will soon be time to think of keeping the little ones busy indoors on rainy or chilly days, and if one can command a little patience, and bestow a little time, this can be done by getting a doll outfit of paper patterns, which can be had for ten cents, and setting the little lassies, and the laddies as well, to fashioning the doll's winter wardrobe. Little boys love dolls, and especially boy-dolls, or men-dolls, and they will take considerable interest in getting them into good clothes, if encouraged to do so. The dolls can be bought, ready-made, or the patterns can be bought and the family manufactured at home. In the latter case, the family may be Rooseveltian in number, according to the patience of the seamstress and the desire of the little folks. The expense, also, will not be burdensome. Patterns for the dolls, and for the size and designs of the garments can be had of the paper pattern department.

For the school dress, a mohair, Panama, or serge, or mohair cheviot, is practical for the girl who has learned to "take care" but the one who is a little careless, it is best to stick to the "tub" materials. A shirt waist suit, with bishop sleeves full length, and plaited skirt finished with a deep hem, with which may be worn a white linen collar and small ribbon bow, and ribbon belt to match, is a very neat costume.

Belts may be made of the heaviest white linen and embroidered in some oriental design in heavy cotton floss. Collars and cuffs may be made to match. The border edge of the set may be of a color to match the skirt, or the edges may be made plain, and the design filled in with one or more colors.

Maternity skirts can be banded at the waist with elastic run through the casings, and alterations made as desired. Many such gowns are made in one-piece costume.

To lengthen the last year's school dress, cut off the hem, and insert between it and the skirt proper a width of plaid or other suitable material, to make the desired extra length, and at the edges of the insert trim with a narrow, cord-like braid. Make cuffs, collar and belt of the trimming to match.

Canned Goods

Because of the scarcity in many parts of the country of both vegetables and fruits, canned goods will be used in many families which never used them before, and care must be taken in buying them. Examine carefully each can; if the can is bulged at the sides or ends, it is more than probable that the sealing is not perfect and that air has got in, causing fermentation. These should be rejected. If the sides or ends are sunken or pressed in, it is a guarantee that the inside is all right. When the can is opened, the contents should at once be poured out, and under no circumstances should it be left in the can, even for a brief length of time. Indeed, the can should be emptied some time before the contents are wanted for use. When opening salmon, or fish, let the oil drip off, and if liked hot, empty the contents into a dish or double boiler, and set the dish containing the fish into another containing water, and it may be heated without breaking to pieces. This plan may also be pursued in the matter of vegetables, and thus avoid the

AN OLD AND WELL TRIED REMEDY. MRS. WINSLOW'S SOOTHING SYRUP for children teething should always be used for children while teething. It softens the gums, allays all pain, cures wind colic and is the best remedy for diarrhoea. Twenty-five cents a bottle.